



The electronic Spondylitis Update Newsletter



Register Today for SAA's 2020 Global Spondyloarthritis Summit

There's still time to register for SAA's 2nd Annual Global Spondyloarthritis Summit, taking place online, May 1 – 7, 2020!

This year's virtual Summit will feature 12 international experts presenting on topics such as pain management, advances in treatment options, diet & nutrition, exercise, progress in research, medicinal cannabis, and more. Interactive chat sessions will also be available.

Register today, then tune in at your convenience from May 1 – 7, to attend this highly informative conference from the safety and comfort of your home. We

hope you can join us!

[Register Today!](#)



Participate In Research! Sharing Two Opportunities To Take Part In Spondyloarthritis Research.

SAA's COVID-19 and Spondyloarthritis Survey

We are spearheading research into the possible impact spondyloarthritis, and medications used for spondyloarthritis, may have on COVID-19.

Understanding the effects of spondyloarthritis, and the medications used in treating it, on COVID-19 is crucial for patients, doctors, and researchers alike. Taking part in this global research initiative will help answer urgent questions for the benefit of everyone in the spondyloarthritis community.

This spondyloarthritis focused survey is open to everyone with spondyloarthritis, anywhere in the world, whether they have had COVID-19 or not. You can now take the survey in English, or select Spanish! More languages coming soon.

[Learn more about this study!](#)

Studying Roadblocks to Diagnosis in Non-Radiographic Axial Spondyloarthritis: Part 2 – Online Survey

SAA is continuing our research study to better understand the roadblocks faced by patients in their journey to getting diagnosed with non-radiographic axial spondyloarthritis (nr-axSpA.)

This important survey is open to adults with non-radiographic axial spondyloarthritis (nr-axSpA) who currently live in the U.S.

Your input is invaluable to us and will go a long way to helping improve the experiences of other patients and shorten the time it takes to get diagnosed.

[Learn more about this study!](#)



SAA's Exercise Video, "Back in Action, Again," Now Open To All!

As we stay home to slow the spread of COVID-19, exercise is more important than ever to stay healthy. To help keep you moving, we've made our exercise video, made specifically for the spondylitis community, FREE and open to all through the end of June!

Practice Yoga, and take part in Cardio, Strength, and Stretch exercises – all created specifically with you in mind.

[Watch the Videos!](#)



The Race to Find Effective Treatments for COVID-19

With the COVID-19 pandemic exacting a costly toll on human lives, the healthcare system, and the economy across the globe, researchers are racing to find treatments that may prove effective against the virus.

There are at least 70 potential COVID-19 vaccines in development, according to the World Health Organization, with three now in clinical trials. Biotech and pharmaceutical companies in the U.S., China and elsewhere are in various stages of testing experimental vaccines that could protect people from infection.

[Read More!](#)



Your Practical Toolkit for COVID-19

Seemingly overnight, everything has changed. We live in the brave new world of COVID-19 – a world of stay-at-home orders, social distancing, and disrupted routines. It can be disorienting to navigate, especially as safety guidelines and government recommendations continue to evolve.

To help you find your footing, we've put together a toolkit of practical resources that might assist you in this rapidly shifting landscape. In this article, we address COVID-19 testing, health and hygiene tips, insurance, food security, and other topics. We hope this guide helps keep you healthy and safe.

[Read More!](#)

[Read More!](#)



Restorative Bed Yoga: Being Kind to Your Spinal Column

Being safe is most important in restoring support and as much ease as possible to your spinal column and all its nerves, discs, and vertebrae. Once you know how much movement is safe for you, you can explore mindful movement that covers all the ways your spine can safely move and unite that movement with the breath. Breath-based, supported movement – even if it’s imagined instead of actually performed – can provide deep benefits to our nervous systems, bringing relaxation to our bodies and minds.

[Read More!](#)



Your Stories: Becoming an Ironman

Combating ankylosing spondylitis, and familial adenomatous polyposis, has led to significant moments of personal development. The constant adaptation with this disease has led to a journey of building deeper relationships with

others and has helped me develop as a healthcare professional and an athlete.

[Read More!](#)



SAA's Spondylitis Educational Support Groups Now Meeting Online

Social isolation isn't easy for anyone, but we know it's taking an extra toll on those of you in the spondyloarthritis community who may feel even more anxious and alone. Now more than ever, we invite you to join a support group – virtually! Many SAA support groups are moving online to protect members' health and safety amid COVID-19. Support groups provide information, resources, and importantly, social connection at a time when social distancing is our new normal. Look for your local support group and reach out to learn how you can join.

[Learn More!](#)



A #GivingTuesdayNow Message from SpA

Warrior Helgi Olafson

In my experience collaborating with the Spondylitis Association of America through joint efforts to raise awareness of ankylosing spondylitis (AS) using an exercise as medicine approach, I have always been pleased with the programs and support they offer to our large community of spondyloarthritis patients and families.

#GivingTuesdayNow is on May 5th and it is all about moments of generosity and giving in moments of crisis. I urge you to take a closer look at SAA's resources and support their programs at your earliest convenience.

[Read More!](#)



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